

**WOMEN'S DAY**  
**August 19, 2023**  
**Schedule of Activities**

(OLT members will be engaging in regular activities and you are welcome to join them at any point during your visit.)

*\*Women's Day participants are welcome to attend any and all activities.\**

9:00am - **Registration** opens for those who are visiting for Women's Day. Once you've checked in at the office, take some time to get settled in at the park by visiting the facilities through a golf cart tour or setting up by the pool. Restrooms are available in the clubhouse, behind the Bare Buns Bistro and at the Meadow Pavilion. (Office)

9:30am – **Welcome Reception:** All women are invited to attend to meet one another. We will welcome newcomers and introduce long-time Oaklake Trails female members and residents. Light refreshments will be served. (Meadow Pavilion)

ANYTIME – **Games & Pool Time:** Join in a game of Water Volleyball, enjoy some relaxation time on one of our many chaise loungers around our two pools, take a soak in the hot tub, play a round of disc golf, shuffleboard, or horseshoes, or enjoy one of the yard games (Giant Pong, Giant Jenga, Yard Darts, Connect Four). Information and access to yard games is available through the Office.

10:00am – **Water Aerobics:** Get your body in motion in a gentle way. Come join Larry for water aerobics. Bring a pool noodle with you if you have one. If not, we do have some available. (Conversation Pool)

11:30am – **Co-ed Yoga: Lengthen & Strength:** *This is a class series. As such, it will remain co-ed for this event.* Join Lanette Clark as she guides you through a sequence of poses, pairing the breath with each posture to bring the body and mind into balance. We will participate in the dance of balancing opposites-humanity and individuality; right and left; hard and soft; effort and ease; masculine and feminine; sun and moon; up and down. Each practice will begin with slow stretching, followed by poses that will move the body into spaces of elongation and strength-building. Items provided: selection of mats and a few bolsters, yoga straps, yoga blocks; Items to bring: two towels (one for the top of the mat; one to fold) and water. (Cost: Donation-based; Location: Pavilion/ Clubhouse if inclement weather or temperature above 85° at time of class time.)

1:00pm-6:00pm – **Boudoir Photos by Molly McEwain:** Molly will offer 10-minute photo sessions for \$10. Each session includes 2-3 high-resolution images with editing/adjustments to soften skin and fine lines. Molly will have studio lighting and backdrops set up for a studio photo shoot experience. Women may be photographed alone or with their significant other. Sneak peaks of photos will be available within 24-48 hours of the session with options for purchasing prints. Our emphasis for Women's Day is body positivity and body acceptance; therefore, altering of a person's shape/face/or appearance that makes them look any different than the best version of themselves will not be done.) Paying for a session will enter you into a drawing to win a full hour boudoir or couples' session in Molly's Tulsa studio or at OLT. You can see Molly's work at [www.mollymcelwainphoto.com](http://www.mollymcelwainphoto.com). (Clubhouse)

1:30-3:30pm – **Leather Journal Workshop:** Join Linda Moody in a 2-hour workshop (approx.), where you will learn how to make an old-world bookbinding leather journal. Your journal will have three signatures with 10 mixed media papers in each signature, folded in half, to give you 60 total pages to use for drawing, painting, or collage. Linda has used many kinds of pencils, pens, paint, and glue or paste and all of these have done well on this mixed media paper. Linda will bring all the supplies needed for this class. Each of you will be given one piece of pre-cut leather with punched holes for the bookbinding, needle, thread, and mixed media papers. Pre-registration is strongly encouraged. Please email [oaklaketrailsmarketing@gmail.com](mailto:oaklaketrailsmarketing@gmail.com) to register. (Clubhouse)  
Supply Fee: \$15/per person.

8:30pm – **Co-ed Women's Day Dance:** Join us at the Meadow Pavilion to get down and boogie woogie. DJ Mike will be spinning tunes for your dancing enjoyment. (Meadow Pavilion)